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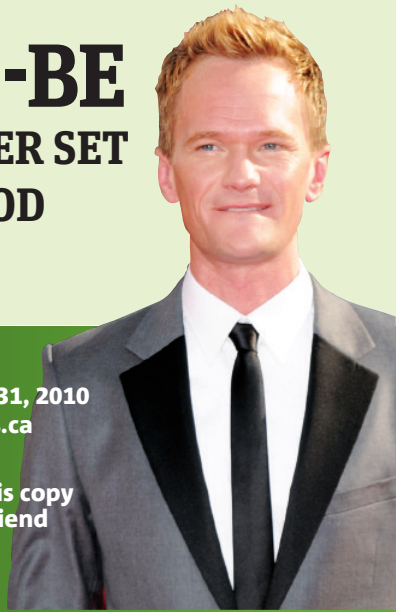
COMEDIANS POPULAR ON TWITTER {page 12}

# DADS-TO-BE
## DOOGIE, PARTNER SET FOR FATHERHOOD
DISH {page 14}



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# Heat warning issued by city

- 33 C, feeling like low 40s with humidity, forecasted for today and tomorrow
- Ottawa Public Health advises residents to cool down at city's indoor pools, libraries

TIM WIECLAWSKI/METRO OTTAWA

▶ Afton Brooke Maisonneuve, 24, from Ottawa, soaks up the sun at Westboro Beach yesterday afternoon.

Just when things were starting to cool down, summer is making a comeback.

The City of Ottawa has issued a heat warning — declared when Environment Canada forecasts a humidex of 40 C or more for at least two consecutive days — until further notice.

"Heat is hardest on the elderly and chronically ill. If they have no protection from the heat ... they can develop serious health effects and even die," said Ottawa's medical officer of health Dr. Isra Levy.

Environment Canada also issued a humidex advisory. Yesterday, it felt like 41 C with the humidex, said meteorologist Geoff Coulson.

It's unusual for weather like this to continue over a consecutive number of days this late in the season, Coulson said.

TRACEY TONG

Sports

## Clemens pleads not guilty

Faces charges including 3 of making false statements, 2 of perjury and 1 of obstruction of Congress ◐ Pitcher's trial set for April 5 {page 21}

## Bus garage running on time

Set to open just in time for city's new articulated buses {page 3}

## One tasty budget tip

Money an issue, but want fine wine? Make your own {page 20}

## Turn down the tunes

Music too loud? You might be damaging your ears {page 16}

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# Transit group eyes seniors' discounts

Starting next year, seniors in Ottawa could be getting a half-price deal when they spend transit tickets to get on a city bus.

Yesterday, the city's transit committee approved a new pricing policy that would see seniors paying only one ticket to get on buses starting in 2011.

The pricing policy still has to be approved by city council. Since it would result in an estimated $1.1-million shortfall, it would also need to be approved in the city budget.

TIM WIECLAWSKI

CONTRIBUTED PHOTO

▶ Firefighters extricate a woman following a collision.

# Woman extracted from car

Ottawa firefighters worked for half an hour to extricate an injured woman after her car was T-boned by a tractor-trailer in east Ottawa during rush hour yesterday.

Emergency workers were called to the intersection of Innes Road and Bantree Street at 8:12 a.m. The extrication team removed the roof and the passenger side door to remove the victim, who was the lone occupant of the car. Firefighters stabilized and treated the patient until paramedics arrived. The driver of the tractor-trailer was not injured.

TRACEY TONG

TIM WIECLAWSKI/METRO OTTAWA

▶ Transit services general manager Alain Mercier said Ottawa will start receiving 14 new articulated buses every week starting in early September.

# Bus garage right on time

## ▶ New Flyer articulated buses start rolling into Ottawa ▶ In a quickly assembled deal, city purchased 306 clean diesel buses for $190 million

TIM WIECLAWSKI
@METRONEWS.CA

The city's new articulated bus garage is set to open on Sept. 13, just in time for the first batch of articulated buses from New Flyer.

Referred to as "Garage Mahal" by mayoral candidate Jim Watson, the cost of the $97-million bus depot on Industrial Avenue has also doubled since it was originally proposed.

Yesterday, transit services general manager Alain Mercier said 80 buses will be dispatched out of that site when it opens.

The extra capacity in the new garage means that OC Transpo's entire fleet will be stored indoors when not in use this winter.

On Sept. 27, OC Transpo's long-awaited next-stop announcement system will be activated on around 450 buses, said Mercier.

The new articulated buses come from the factory already equipped with the next-stop announcement system. The automated stop-calling system will be installed on almost every bus by the end of February. However, some of the oldest buses will not be equipped with the NSAS since they are scheduled to be decommissioned within the next two years.

**Plan**

**The Ottawa Downtown Transit Tunnel plan is moving along smoothly.**

▶ **Tunnel costs** The geotechnical engineering team has found nothing in the core samples taken earlier this summer to indicate that the cost of the tunnel would be more expensive than predicted.

1 news

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## News in brief

### Fire thought to be arson

**SOUTH OTTAWA.** Police are investigating an arson after a fire at a south Ottawa business caused more than $50,000 in damages early yesterday morning. Firefighters and police were called to a fire at 2678 Mac St. at 1:18 a.m, where they found a fire at a two-storey realty office. The security bars had been removed, firefighters said.

### New fire hall going green

**BARRHAVEN.** The city's new south Barrhaven fire station will have environmentally friendly features such as water-efficient landscape design and energy-efficient doors and windows that will reduce energy consumption when it is completed next spring. Located on Greenbank Road, Fire Station No. 47 — the design for which was revealed yesterday — will serve more than 35,000 residents in the growing community.

### Package closes Sussex Drive

**FOREIGN AFFAIRS.** Ottawa police closed a section of Sussex Drive after a suspicious package was believed to have arrived at the Department of Foreign Affairs yesterday. Police were called to the Lester B. Pearson Building just after 11 a.m., police said. They closed the eastbound lane of Sussex Drive at Macdonald-Cartier Bridge until the package was deemed safe.

### New transit schedules

**OC TRANSPO.** Starting Sunday, revised OC Transpo schedules, which includes increased frequency, go into effect on most routes. New communities served include Barrhaven South, Kanata West, and in Orléans East on Route 122. TRACEY TONG

# Sharing her story, uncovering the cure

**Patient: 'When people think of colorectal cancer, they think of older men. But it's a women's cancer as well'**

TRACEY TONG
@METRONEWS.CA

▶ Lindsay Stewart and her team, The Roast Beasts, are walking in the Underwear Affair.

In July 2009, Lindsay Stewart began experiencing a severe pain in her stomach.

"I was in and out of the doctor's and I couldn't keep anything down," said the 28-year-old Ottawa resident. "I lost 40 pounds. I didn't feel right."

The doctors found a hole in her colon and she was hospitalized for two weeks. It was several months before she could get a colonoscopy, when doctors found a tumour. In November, she was diagnosed with colon cancer.

"It's a very unusual thing, definitely," said Stewart of someone her age being diagnosed with colon cancer. Although she is still in treatment, Stewart is participating in next month's Ottawa Regional Cancer Foundation Underwear Affair, a 5-kilometre walk and 10-km run to raise funds for awareness for cancers below the waist.

"I've gotten a lot of generous donations," said Stewart, "but this is more to raise awareness. I was amazed that (cancer) didn't even cross the doctors' minds. I want people to be aware that this can happen to people at any age."

### Underwear affair

**The first-ever Underwear Affair in Ottawa is held on Saturday, Sept. 11.**

- The race is designed to raise awareness of prostate, colorectal, ovarian, testicular, bladder, cervical, and uterine cancers, and to finance innovative research for underfunded cancers in eastern Ontario.
- Organizers are hoping to see thousands sign up for the event. They're hoping to draw a crowd of younger people, including university and college students, with this unique event.
- Drawing attention to the disease will not only raise awareness, it will motivate people to take part in regular screening and testing. There's still time to register at uncoverthecure.org.

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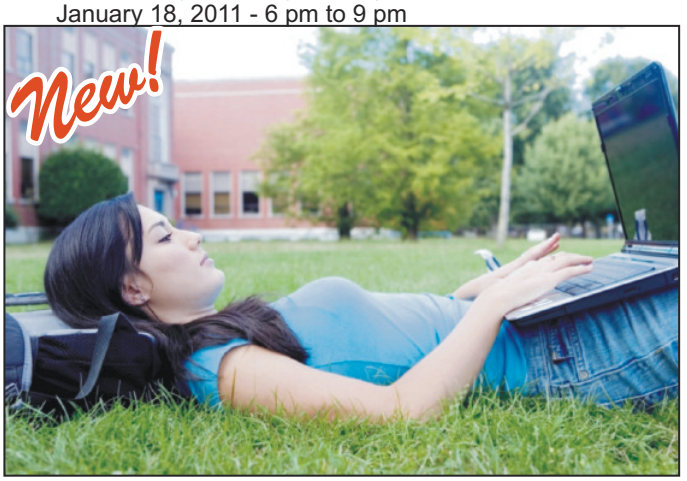


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# Putin talks tough to press

Prime Minister Vladimir Putin disparaged Russian dissidents in crude street language in an interview yesterday, and said they would keep getting beaten if they continued to hold unauthorized rallies.

Putin also told journalists yesterday that it was "complete gibberish" that he continues to run the country.

"I'm tired of foreign policy," Putin told journalists travelling with him in Russia's Far East. He said Medvedev was handling it well and he saw no need to interfere.

In the interview published in the newspaper Kommersant, Putin defended his record and touched on a variety of topics, including foreign policy.

It was questions about the political opposition, though, that inspired the colourful language Putin seems to love.

Putin predicted that Russian police would keep breaking up opposition protests unless the dissidents obtain official permission to rally — permission they are routinely denied in central Moscow.

"You will be beaten upside the head with a truncheon. And that's it," Putin declared.

Opposition leader Boris Nemtsov said the interview showed Putin to be "dishonest, ignorant and evil."

THE ASSOCIATED PRESS

ALEXEI DRUZHININ, POOL/THE ASSOCIATED PRESS

▶ Vladimir Putin fired a crossbow at a gray whale last week.

# Gunman kills 7 in Slovak capital

- Handout photo shows gunman wearing hearing-protection device
- Indicates he planned shootout

A gunman went on a rampage yesterday in Bratislava, Slovakia's capital, killing seven people and wounding 15, then committed suicide, officials said.

Five of the people killed were members of a Roma family who lived in an apartment where the man began his attack with a machine-gun and two pistols, said Interior Minister Daniel Lipsic. Roma often face discrimination in eastern Europe, but Lipsic and police Chief Jaroslav Spisiak said the gunman's motive was not known.

Another man shot and killed outside the building was "probably" a member of the same family, he said.

Police rushed to the scene as the attacker was leaving the building, and he fired indiscriminately at people in the area, wounding 15, including a policeman and a three-year-old boy, Lipsic said.

THE ASSOCIATED PRESS

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▶ This image, provided yesterday by Slovakian newspaper Daily SME, shows a man identified as the gunman who killed seven people and wounded at least 15 in an attack in Bratislava, then committed suicide.

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## News in brief

### Soldier dies in hospital

**MILITARY.** Cpl. Brian Pinksen, a Canadian soldier who was injured by an IED last week in Afghanistan, died yesterday at a hospital in Germany, military officials say.

THE CANADIAN PRESS

### Doctors botch baby delivery

**MEDICINE.** Italy's health minister travelled to Sicily yesterday to apologize to a woman whose delivery of a son was botched when her two doctors got into a fistfight in the operating room. Laura Salpietro had her uterus removed.

THE ASSOCIATED PRESS

## News in pictures

PHOTOS
1. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS
2. HANDOUT/CENTRAL IMAGE AGENCY
3. FILE PHOTO/THE ASSOCIATED PRESS
4. ADRIAN WYLD/THE CANADIAN PRESS
5. MIGUEL MEDINA/AFP/GETTY IMAGES

**1** Solidarity founder Lech Walesa, right, shunned several of the movement's 30th anniversary sessions yesterday, saying he is disillusioned with the Polish trade union's current state. THE ASSOCIATED PRESS

**2** The Canadian Medical Association Journal says provinces and territories should cover the cost of smoking-cessation programs and products to help tobacco users butt out. THE CANADIAN PRESS

**3** A resurgence of bedbugs across the U.S. has homeowners and apartment dwellers taking desperate measures to eradicate the tenacious bloodsuckers, with some relying on dangerous outdoor pesticides and fly-by-night exterminators.
THE ASSOCIATED PRESS

**4** NDP Leader Jack Layton is floating a last-minute compromise to try to save the long-gun registry and, perhaps, keep his political reputation from sinking.
THE CANADIAN PRESS

**5** Iranian state media called France's first lady, Carla Bruni-Sarkozy, a "prostitute" yesterday in an unusual attack on the wife of a world leader. THE ASSOCIATED PRESS

# Liberals say they got mojo back

## But party not necessarily ready for election dance

Federal Liberals say they've got their mojo back. But that doesn't necessarily mean they're ready to boogie onto the campaign trail this fall.

Liberal MPs attending a caucus retreat yesterday at a picturesque Cape Breton resort are torn over how much longer they can continue propping up Stephen Harper's minority Conservative government.

For some, Harper's time is rapidly running out.

"We attempted to prop up Harper for as long as we could," said Toronto MP Judy Sgro, declaring "enough is enough."

"But there starts to be a point where you see a real deterioration of the values, the democracy in our country and it comes to a point where you no longer can tolerate that."

THE CANADIAN PRESS

**Polls**

**Opinion polls indicate the Liberals aren't yet in position to win an election, although they've rebounded modestly from last spring when Harper's Tories opened up a 10-point lead.**

**Results** A new The Canadian Press Harris-Decima poll released yesterday had the Liberals at 30 per cent, three points back of the Conservatives.

**Sudan.** Freed

▶ Freed U.S. aid worker Flavia Wagner, 35, is escorted by U.S. embassy staff upon her arrival at the airport in Khartoum, Sudan, yesterday.

ABD RAOUF/THE ASSOCIATED PRESS

## U.S. aid worker freed

**A U.S. aid worker kidnapped four months ago in Sudan's troubled Darfur region has been freed by authorities, the Foreign Ministry said yesterday.**

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# Canada still in the red: StatsCan

## Foreign investment in Canadian equities rebounded But goods surplus with U.S. shrank by $2.3B

The country's current account deficit grew by $2.6 billion in the second quarter to a total of $11 billion, Statistics Canada said yesterday.

The agency said export growth slowed and imports grew, while a lower deficit in investment income flows was partially offset by a higher deficit in international trade in services. It was the seventh consecutive quarter of deficit in the current account.

The balance on trade in goods fell $2.5 billion in the second quarter to return to a deficit, following two quarters of surpluses.

THE CANADIAN PRESS

### Balance sheet

**Overall, exports of goods rose by $1.2 billion, less than the previous quarter.**

- **Automobiles** Exports of automotive products continued to gain ground, up $1.9 billion, with automobiles surpassing the $10-billion mark.
- **Equipment** Machinery and equipment exports rose $1.2 billion, as volumes increased after six quarters of declines.
- **Services** The deficit on trade in services expanded by $300 million in the second quarter, led by travel and travel components.

**Yen.** Gaining strength

▶ Bank of Japan Gov. Masaaki Shirakawa leaves after a meeting with Prime Minister Naoto Kan in Tokyo yesterday.

KOJI SASAHARA/THE ASSOCIATED PRESS

## Japan plans stimulus

**Japan's central bank further eased monetary policy yesterday in response to a strong yen and growing political pressure to revive a faltering economy.**

# Auto industry on the rebound

Canadians were in a vehicle-buying mood in July, according to figures in the latest Global Auto Report from Scotia Economics. The report says Canadian sales advanced to an annualized 1.65 million units in July, lifting volumes at several automakers to the highest July on record.

THE CANADIAN PRESS

### Go big

**Canadians are shifting away from small cars.**

- **On the decline** Their share of the market has slumped to less than 29 per cent so far this year, the lowest level in a decade.

# Airlines report net profits

The International Air Transport Association says 47 major carriers it monitors reported a net profit of $3.9 billion US in the second quarter. The results contrast with the $881 million net loss posted by carriers a year earlier.

Geneva-based IATA says airlines in North America and the Asia-Pacific region performed best.

THE ASSOCIATED PRESS

### Market moment

| TSX | Dollar | Oil | Natural gas 1,000 cu ft |
|---|---|---|---|
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# PULLING THE PLUG ON TOXIC FRIENDSHIPS

**She says ...**

**JESSICA NAPIER**

**Good girlfriends are hard to find. There are the ones you love with all of your heart, and then there are the ones you kind of love ... to hate.**

Let's be honest, we've all known them at one point in our lives. A toxic girlfriend is one who is unreasonably jealous or ultra competitive. She is the friend who flirts a little too much with your boyfriend and always has a way of subtly putting you down. She's unreliable, inconsiderate, manipulative and a little bit wacko. More foe than friend, a poisonous pal will contaminate your free time with her dramatic behaviour and Mean Girls-inspired antics.

Of course, these stressful relationships rarely start out this way — only a masochist would voluntarily sign up for this kind of emotional abuse.

Like a long-term romance, a friendship is constantly changing and evolving. Every once in a while a perfectly platonic partnership becomes a bit unbalanced. When you're so close to the situation, it's hard to recognize when a one-time BFF has turned bitter, slowly eroding your self-esteem one thinly veiled insult at a time.

It should be easy to realize that you should dump a self-absorbed drama queen like a barrel of hazardous waste. But when it comes to frenemies, we tend to make excuses for their abhorrent behaviour in the hope that one day they might grow out of it. The longer we endure these unhealthy relationships, the more trapped we feel.

**"While a soured friendship might be exhausting to maintain, it is even more difficult to end."**

While a soured friendship might be exhausting to maintain, it is even more difficult to end. There's no handbook when it comes to breaking up with a gal pal. Ideally, you should have an honest conversation where both parties reveal their true feelings and, ultimately, hug it out. But let's face it: Most of us are not that mature. Confrontations like this are uncomfortable and awkward, and usually end in tears on both sides.

I usually opt for the more cowardly route. I allow these friendships to disintegrate over a slow, excruciating period of ignored phone calls and geographic evasion tactics until she eventually gets the hint. Yes, this is a childish and passive-aggressive way of dealing with my feelings, but avoidance seems so much less unpleasant than all that crying.

However, at the end of the day, life is too short (and far too busy) to spend so much time dodging that best friend gone bad. The older we get, the more we realize who those true friends really are. So perhaps it's time to get real and let that bad girlfriend know you're just not that into her anymore.

**Cartoon**

MICHAEL DE ADDER

# Pedestrians are green, too

**Letters & Tweets**

*Re: Council looking out for cyclists (Aug. 26)*

**OTTAWA.** I'm a pedestrian and I'm getting tired of hearing about those poor, beleaguered cyclists. Every day I have to contend with arrogant pedal pushers going the wrong way on streets when I'm attempting to cross the street, or they are riding on sidewalks and crosswalks.

The rules don't seem to apply to cyclists; they do whatever they want to do, and if pedestrians have the nerve to protest, we get the finger.

Meanwhile, the city is bending over backwards to accommodate these "green vehicle" users. They will have special detours around construction. The most we pedestrians get is a sign saying we have to cross to the other sidewalk. We have to walk over gravel and through mud. In winter, we have to navigate sidewalks that are slick with ice because the city doesn't have the budget to keep them safe for us, or climb over snowbanks at every street corner.

Pedestrians are "green vehicle" users, too! We use our feet but we get precious little consideration for it.

It's time for the city to crack down on cyclists who believe they are above the law.

**Walk this way**

**Finish this sentence: To be successful, you must ...**

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▶ Rama Lotus Yoga Centre is located at 340 Gladstone Ave.

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2 scene

## News in brief

Brad Pitt is the NFL's voice for its upcoming documentary on the New Orleans Saints' Super Bowl victory.

Pitt narrates NFL Films' documentary, America's Game: 2009 New Orleans Saints, about the team's win over the Indianapolis Colts last February. The film debuts on the NFL Network on Sept. 8, the night before the Saints begin their title defence.

The NFL traditionally seeks out a celebrity narrator for its annual Super Bowl documentary. Pitt was chosen because of his humanitarian work in New Orleans in the five years since Hurricane Katrina, the league said.

Past narrators have included Alec Baldwin, Morgan Freeman, Gene Hackman, Ed Harris, Martin Sheen, Bruce Willis and James Gandolfini. Mad Men star Jon Hamm narrated last year's film on the Pittsburgh Steelers' 2008 Super Bowl win.

THE ASSOCIATED PRESS

Anna Nicole Smith drug case resuming with uncertainty over testimony by nannies.

**Funny men and women are using Twitter to connect with fans, test out joke or just rant**
**Jimmy Fallon leads the comedy charge with 2.7 million followers**

AMY SUSSMAN/GETTY IMAGES

▶ Comedian Michael Ian Black is one of the funniest regular Twitter users, with more than 2,500 tweets and counting.

# Comedy in 140 characters or less

Earlier this summer, Michael Ian Black took to his blog to defend himself against those appalled that the comedian was — gasp! — inserting rare advertisements to his popular Twitter feed.

Black explained that occasionally hiring himself to sell products "allows me the freedom to take less well-paying jobs like making soon-to-be-cancelled television shows."

Then he made a more serious point.

"As of today, I've written 2,655 tweets," Black wrote. "That's a lot of free material, all of it contributing to the entertainment of the 1.5 million people who follow me, as well as the multibillion dollar capitalization of Twitter itself."

Black is not alone in his situation. Many of the most popular people on Twitter are comedians, and they are collectively perhaps the best. They know how to be economical with words, and they write about more interesting topics than what they had for breakfast.

But comics have a different relationship to the social networking website. It is, after all, their job to make brief, pithy observations and craft precisely worded one-liners. Like news outlets, comedians have to question how much "content" they want to tweet away.

Black says he recognizes some downside to giving away material for free, but believes the pros far outweigh the cons.

"For me, it does two things," Black says of tweeting. "One, it gives me the chance to try out jokes. And two, it forces me to write jokes in the first place." THE ASSOCIATED PRESS

## Top tweets from the comedy world

A few examples of top-notch tweeting:

▶Nealon

• "I've grown tired of firework displays. China, please come up with something else for our country." — Kevin Nealon.

• "I have a Far Side cartoon almost done of a movie theatre packed with disappointed deer watching Salt." — Mindy Kaling.

• "The Muzak version of Careless Whisper in this lobby has turned a bad song into a sonic hate crime." — Patton Oswalt.

• "Either the gnomes in our garden are real or someone just hit me in the head. Oh, wait. It's just the booze. Forget I said anything." — Paul Feig.

• "Walking in New York I make eye contact with people's dogs more than with people." — Kristen Schaal.

• "When you read Self magazine aren't you always a little disappointed that there's nothing about you in there?" — Jim Gaffigan.

• "This is my twitter cycle: Tweet, tweet more, tweet worse, stop tweeting, regret tweets, swear never to tweet again. Wait. Tweet. Repeat." — Louis C.K.

THE ASSOCIATED PRESS

# BACHMAN TURNER RETURN TO ROOTS

**The Audio Files**

**BRYAN BORZYKOWSKI**
SCENE@METRONEWS.CA

When I was growing up in Winnipeg it was guaranteed that at least once a day you'd hear a Bachman Turner Overdrive song on the radio. Not only did the band produce some of the best drive-home music ever made, but when the city's rock radio station was done playing 12 Led Zeppelin songs in a row, they'd throw on some homegrown tunes. That meant a lot of Guess Who and BTO.

I'm more of a Guess Who fan, but I was still excited to hear that Randy Bachman had recorded a new album with Fred Turner. It's always a bit strange when a band you liked puts out a new album — it's usually not very good, and I'm grateful that Randy and Burton Cummings have stuck to the hits, but somehow the duo's self-titled, released next week, sound vintage BTO. I spoke to Turner this summer and asked him why they chose to replicate their sound — he says it was all Randy. "He wanted to go back to the 70s mindset," Turner explains. It had a lot to do with the chemistry between the two musicians, he says; it felt like nothing had changed since 1973, when the band wrote their huge hit Takin' Care of Business.

Of course, a lot has changed. Bachman left the band after 1975's Four Wheel Drive, tried to start something new with Turner in the early 80s, joined BTO again briefly, then Turner left; BTO was in a perpetual state of near collapse until Turner officially called it quits in 2004.

Bachman and Turner "had our moments" over the years, he says. "We had a nine year lawsuit through the 90s." It was eventually settled, but even in the midst of the legal proceedings, the old friends found a way to play together. Turner recalls a time when Bachman had to play a gig in Winnipeg and wasn't confident with his backup musicians. He called his former bandmate and asked him to join him, which he did.

Whatever happened between them seems to be history. Luckily, though, Bachman and Turner won't get the chance to return to their old ways — this isn't a full-time gig. Turner says that while he's excited to play he's got no intention of becoming a career musician again. "I don't want to be as busy as Randy likes to be," he says. "He's still going 200 miles an hour and I'm a long way from that. I said this is your thing, you work it the way you want and I'll be there. It's actually taken off so strong that it's become a bit too busy for me. But I'm still willing to go with it."

**DVD Releases this week** Buy it | Rent it | Borrow it | Yawn | Don't bother

# Caine gets revenge

**Harry Brown**
**Genre:** Thriller
**Director:** Daniel Barber
**Stars:** Michael Crain, Emily Mortimer

Four decades after Clint Eastwood made cynical sport of lawless punks, Michael Caine dons the Dirty Harry mantle to administer rough justice on the grimy streets of Blighty.

His Harry Brown is a bottled-up ex-Marine whose stopper has been yanked by one too many neighbourhood outrages.

Recently widowed, which only partially explains his dour character, Harry is content tojust live the rest of his days on a meager pension in his small public housing flat in London's East End.

He's not blind to the drug dealing and violence of the young punks who rule his rough-and-tumble housing estate, but neither is he inclined to do anything about it.

The knives come out after Harry's close pal Leonard (David Bradley) unwisely chooses to use a pedestrian tunnel the gang members consider their personal domain.

PETER HOWELL

**The Wild Hunt**
**Genre:** Thriller
**Director:** Alexandre Franchi
**Stars:** Ricky Mabe, Tiio Horn, Mark A. Krupa

Most of the fundamentals are covered in this tale of medieval role-playing gone awry: a strong cast, great story and convincing costumes and sets. But the pluses are almost undone by wildly uneven camera work, lighting and editing. Mark A. Krupa is Viking-obsessed Montrealer Bjorn, who has become so involved in running amok for fun, he's lost all connection with real life. The Wild Hunt remains an impressive achievement.

PETER HOWELL

**Babies**
**Genre:** Documentary
**Director:** Thomas Balmes
**Stars:** Bayar, Hattie, Mari, Ponijao

Can you saw "awwww" in four different languages? Actually, it's all the same wherever you are, and that's precisely the point of this beguiling documentary by French filmmaker Thomas Balmès. He follows four infants from different parts of the globe, tracking them from birth to age one. The babes are from Tokyo, San Francisco, Namibia and Mongolia, two from cities and two from rural regions. Insights aren't deep, unless you're looking for affirmation of the truism that people are the same all over.

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# Michael Jackson may be exhumed

- Dr.'s lawyers wants to challenge cause of death
- Family 'dreading' idea of digging up remains

METRO NEWS SERVICES

▶ Jackson's doctor, Conrad Murray, wants to argue the singer died of misuse of other drugs.

Michael Jackson's remains may have to be exhumed for further testing in connection with the manslaughter trial of Dr. Conrad Murray, according to News of the World.

Murray lawyers reportedly want to challenge the findings of the original autopsy, arguing that misuse of other drugs brought about Jackson's death, not the drugs administered by Murray.

"If the tests don't concur with the coroner's findings, they have the start of a strong defense," a source says. "The logical next step would be to exhume the body to make new tests."

Jackson's family is reportedly "dreading" such a situation. "They laid Michael to rest and for him to return is just sick," a friend of the family says. THE ASSOCIATED PRESS

# Patrick and partner ready for fatherhood

METRO NEWS SERVICES

▶ Neil Patrick Harris, left, and partner David Burkta

Neil Patrick Harris is spending his time studying and resting in anticipation of the arrival of his and partner David Burkta's twin babies due in the fall, according to People magazine. "[I'm] very, very excited. It's the big, crazy calm before the ridiculous storm," Harris says. "I'm trying to read as much as I can, and prep as much as I can. But there's only so much you can do because each baby is super individual and totally their own person." METRO

# Michael looking for rehab credit

METRO NEWS SERVICES

▶ George Michael

After pleading guilty to marijuana possession in connection with his July car crash in London, George Michael is hoping the fact that he checked himself into rehab immediately after the accident will help with next month's sentencing, according to Popcrunch. "I feel you should know that on the day after the incident I checked in to a clinic for a 14-day detox program here in London," the singer posted on his Web site. METRO

## Arrest a bad career move

**JOBLESS.** It hasn't been the best week for Cy Waits, Paris Hilton's boyfriend. First he was arrested for driving under the influence in Las Vegas and now he may be out of a job, according to E! News. Waits had been promoted to head of nightclub operations at the Wynn Hotel, and sources say he was fired. METRO

## Talking points

### Lohan catches a legal break

**JUST A WARNING.** It seems Lindsay Lohan's luck with the law is improving. The fresh-out-of-rehab actress hit the town in Los Angeles recently, serving as designated driver for her friends, and was reportedly speeding and running through stop signs in her new Maserati, according to Pacific Coast News. Sources say a police officer pulled her over, but Lohan managed to get off with just a warning.

### Not that it matters ...

**NURTURING.** While still dodging questions about Mariah Carey's possible pregnancy, Nick Cannon can't seem to keep parenthood off his mind. "She's very nurturing," he tells People magazine of his wife. "She's nurturing with me and makes me breakfast at anytime and that's my favorite food. It would be, like, 3 o'clock in the morning and she will still make me waffles. She'll be the best mom." METRO

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**Last year, little Stella Biblis was born — from frozen sperm. When her dad, Chris, was a teenager leukemia patient, he allowed doctors froze his sperm. Otherwise radiation treatment would have killed it. Today lots of young men with cancer do the same.**

METRO WORLD NEWS

# Honey, I Froze the kids

ELISABETH BRAW
WELLNESS@METRONEWS.CA

When Chris Biblis was diagnosed with leukemia at age 16, doctors knew he'd survive only with radiation treatment. Unfortunately, Biblis's testicles had to be radiated, too. Chris would be infertile.

It was 1987. Back home in Alabama, Biblis's mother happened to read a news article about British doctors who froze sperm. She decided she wanted her son to freeze his sperm, too, to give him a chance of later having a family.

"I sort of thought it was a good idea," recalls Biblis, now 40, "but it was totally embarrassing. I had to drive several hours with my father to give the specimen."

Biblis's unusual choice paid off: last year, he and his wife welcomed a healthy baby, Stella. She was conceived using Biblis's 22-year-old sperm.

**"I feel lucky to be alive after cancer. But I feel more lucky being a father."** CHRIS BIBLIS

"It was like any other in-vitro (test-tube) pregnancy", explains Chris's wife, Melodie.

"When we decided to do it, we didn't realize that it was somehow unusual to use 22-year-old sperm."

It was only one baby has ever been conceived using older sperm.

That's because in 1987, sperm-freezing of any kind was highly unusual. But today, young male cancer patients are routinely asked to give sperm specimens, to be stored until they're ready to start a family.

The demand has grown since 80 per cent of children and adolescents with cancer now survive.

"Having babies is often the last thing on teenage boys' minds," explains Dr. Richard Wing, who heads Reproductive Endocrinology Associates of Charlotte, North Carolina.

"But chemotherapy and radiation often result in men having no sperm, and frozen sperm can last for decades."

Wing helped the Biblises conceive. Today female cancer survivors, too, have better chances of conceiving.

Eggs can now be frozen using rapid-freezing technology that makes them more viable; about one fifth of frozen eggs result in pregnancies.

"But women can't just provide eggs for freezing," explains Wing.

"It takes two-three weeks to prepare their ovaries for ovulation, and the eggs' viability depend on how far the cancer has gone."

In the past, young single women with cancer faced the dilemma of freezing their eggs with little chance of success or fertilizing their eggs using a sperm donor.

But even with optimistic prospects of post-cancer parenthood, many turn down their only chance.

When Chris Biblis delivered his sperm sample, he had no thought of his little Stella, now teething.

"I feel lucky to be alive after cancer", he says.

"But I feel more lucky being a father."

## Two questions

**Dr. Safaa Maxwell of the London Fertility Centre answers questions about rapid egg freezing.**

**Whose fertility is more affected by cancer, men's or women's?**
"Women's. Even 80 per cent of men with testicular cancer manage to conceive. On the other hand, women who have cancer are often on treatment for several years, and by then it may be too late for them to have babies anyway."

**Rapid egg freezing is a promising prospect for women. Which other methods are currently being developed?**
Ovarian tissue freezing. The ovary is removed and frozen. Later it can be transplanted back to the body where it can continue to function again. There's also in-vitro maturation, where immature eggs are collected and matured in the lab. This has been tried on some young cancer patients as young as five years.

**50 percentage of male cancer patients who have frozen their sperm and later conceive using frozen sperm**

## 3 life

### Technology

A Canadian scientist is pioneering an experimental procedure to repair damaged eyes using artificial corneas. Dr. May Griffith, a senior scientist from Ottawa, teamed with Swedish colleagues to try to the restore eyesight of 10 patients with damaged corneas. They surgically removed the patients' injured corneas and replaced them with artificial ones. Vision improved in six of the 10 patients.

THE CANADIAN PRESS

**Paralyzed computer engineer helps develop technology for kids with disabilities**

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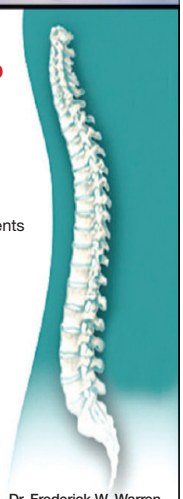

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Dr. Brian Martyniuk
Rachelle Behrens, RMT
James MacPherson, RMT



# Nobody is listening but, buds are bad

**Hearing loss affecting nearly 20 per cent of teens today Learning how to preset maximums on your headphones will save your ears in the long run**

CELIA MILNE
WELLNESS@METRONEWS.CA

"Turn it down! You'll go deaf!"

Sound familiar? Mom always said listening to loud music would affect your hearing. Well, a new study has given her some ammunition.

Loss of hearing is affecting five per cent more adolescents than it was 15 years ago, according to hearing experts who analysed U.S. survey data.

If people around you on the subway can hear your music right through your ear phones, your tunes are too loud, they say.

It's a good idea to preset the volume on electronic music devices to between half and two-thirds of maximum, suggests Dr. Ron Eavey, an otolaryngologist from Nashville, Tenn. Most devices play at up to 120 decibels, while anything above 85 is considered bad for hearing.

**25%**

**One quarter of young people entering the workforce had the early warning signs of hearing loss and almost five per cent more had abnormal results on hearing tests, according to a 2005 study by WorkSafe BC.**

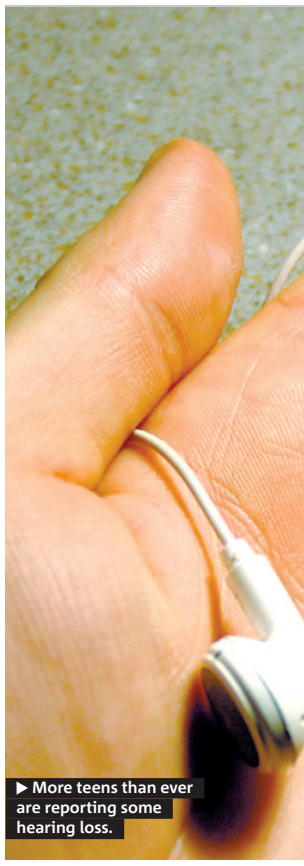
CELIA MILNE

**1,000,000**

**In Canada, more than a million people say they have a hearing-related disability. This is twice the number of people with sight-related problems.**

Eavey and colleagues studied results from a large, population-based study called the National Health and Nutrition Examination Survey (NHANES), involving thousands of adolescents ages 12 to 19.

They found that hearing loss is now affecting nearly 20 per cent of teens, and they are worried it is the beginning of an epidemic.



▶ More teens than ever are reporting some hearing loss.

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## Hearing loss

**It's hard to tell if you are losing your hearing because it happens gradually. Here are the signs of hearing loss resulting from ongoing loud noise**

- When an ongoing noise stops, sound may seem muffled
- People seem to mumble
- Your ears ring
- People tell you the TV is too loud
- You keep turning up the stereo so you can hear it
- You feel pressure or fullness in your ears.

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### IT'S SCHOOL TIME! DO YOU KNOW WHAT YOUR CHILDREN ARE SNACKING ON?

No doubt things have been pretty hectic over the last couple of weeks…running from store to store to get all those back to school supplies your kids need. We trust you have also brought your children to the dentist to make sure they are starting off the school year in good oral health!

Once they are back to school, it is nice to know you do not have to worry about keeping them entertained on those long hot summer days. No more running them around to different camps!

But one challenge never disappears with children…**making sure they eat right!**

No matter how we try to teach them about the importance of good nutrition, **the lure of tasty, sugary candies, pop and processed food is too much for many of them to ignore.** Even if your child's school has banned some of these foods, older kids know the corner store is not far away.

**The harm these foods cause is very real.** Many of these foods are very sticky and have a much greater tendency to get stuck between teeth. Once there, the starches in these foods are easily broken down by bacteria and can form an acid that attacks both the teeth and the gums.

Not only can this acid penetrate the protective layer of enamel and cause **tooth decay**, it will also attack gum tissue and result in **periodontal disease**. Either

Dr. George Parry
Dental Surgeon

of these conditions can cause pain and discomfort, which can impact upon your child's ability to concentrate at a time s/he needs to be concentrating the most.

**If untreated, tooth decay or periodontal disease can result in your child losing a tooth!**

On top of that, the poor nutritional value of these foods can cause other health concerns, such as a **lack of calcium**, increased rates of **obesity** or even **diabetes**.

We know we can never hope to completely eliminate these foods from the diets of children…and in moderation, consumption of such foods is ok. However, the best thing you can do is get those good eating habits started at an early age.

That means pack a healthy lunch with whole foods. As much as possible **go with milk over juice**. Milk provides the calcium that young bones need. Furthermore, many types of juice have a high acid content…the very acid that can be harmful to teeth. If you pack a juice, use water to dilute the acid content.

**Avoid sticky fruits like raisins or cranberries**. They are more likely to stick to the teeth and result in the creation of harmful bacteria. Crunchy fruits and vegetables provide great nutrition and can even help clean the surface of your teeth.

Leftover meats from supper are always better than processed meats. They tend to have less salt and fat!

And if your child did **visit the dentist** before school started, remember to keep that up during the school year! Your dentist can help reinforce the importance of healthy eating as well as tend to any concerns, hopefully before they have become big problems.

**Prevention is always the key**…and healthy eating helps prevent so many problems. So give them a great lunch every day! Because eating a great lunch is a healthy habit…and healthy habits lead to healthy lives.

*Dr. George Parry*
*- Dental Surgeon*

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# Nice over ice: Irish Whiskey

**Liquid Assets**

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

As you read this week's column I'm enjoying a little rest and relaxation in Ireland. Though I've only been here a few days I've already consumed my body weight in Guinness Draught so am now working my way to whiskey, which I'll spell with an "e" like they do here on the Emerald Isle.

The cult of Irish whiskey has been gaining membership for much of this century at the expense of single malt scotches and their blended brethren. An Irishman's lighter, sweeter side — thanks in part to a process of triple distillation — seems to have more over ice appeal for non-brown booze drinkers than scotch (many of which taste like they could take the paint off your car).

A classic whiskey like Jameson ($30.00 - $31.99) — first made in Dublin in 1780 — is a super smooth spirit with an orange marmalade aroma and creamy sweet finish. It's so easy on the palate that you could almost drink it straight from the bottle (which I still might).

Northern Ireland's Bushmill's, the oldest distillery on the island, was licensed in 1608 with its Black Bush ($36.99 - $37.64) a quintessential Irish drop layered with warm malt and spice. Sláinte!

*Prices reflect the range across the country. Some products may not be available in all provinces.*

# Gazpacho packs nutritional punch

THE ASSOCIATED PRESS

▶ Tomato and Italian Herb Gazpacho.

Conventional wisdom says that cooking vegetables tends to diminish their nutritional prowess. And while there is some truth to this, it isn't always the case.

Cooking tomatoes does diminish their stores of vitamin C, but it also concentrates other nutrients, such as lycopene (found in red tomatoes), a powerful antioxidant.

This Italian take on the soup is seasoned with fresh basil and oregano along with a liberal shot of balsamic vinegar. The addition of some fresh mozzarella cheese adds the protein and substance to turn the soup into a satisfying lunch or light supper. Serve with grilled slabs of crusty whole-grain bread to complete the meal. For a cooked version, spread the diced tomatoes on a rimmed baking sheet and roast at 200 C (400 F) until they start to brown. Let cool, then proceed.

**Ingredients :**

- 1.25 l cored and diced tomatoes (about 4 large)
- 1 large English cucumber, peeled and diced
- 1 chopped red bell pepper
- 1 medium red onion, chopped
- 75 ml balsamic vinegar
- 50 ml extra-virgin olive oil
- 75 ml chopped fresh basil
- 30 ml chopped fresh oregano
- 3 cloves garlic, minced
- 2 ml kosher salt
- Ground black pepper, to taste
- 170 g very small fresh mozzarella balls

**Preparation:**

1. In a large bowl, combine tomatoes, cucumber, bell pepper, onion, vinegar, oil, basil, oregano, garlic, salt and pepper. Stir to combine. Let the mixture rest for 15 minutes.

2. Using a food processor or blender and working in batches, process tomato mixture until it is chunky smooth, 10 to 15 pulses in a processor. Transfer to a bowl, cover and refrigerate for at least 1 hour. To serve, divide gazpacho among bowls and top with mozzarella. THE ASSOCIATED PRESS

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▶ Blair and Aila met at a barbecue and eloped in 2008.

# WORK BARBECUE SPARKED ROMANCE

## How We Met: Blair & Aila

**Names: Blair, 27, and Aila, 36**

**Hometown: Charlottetown**

**Together since: 2007**

**Their story:**

I (Aila) met Blair at a work barbecue. He was in the Armed Forces, posted at CFB Gagetown in New Brunswick, and I was working as a civilian on the base. My friend was actually interested in him and, since Blair was much younger than me, I didn't pay much attention to him. We did, however, hit it off after discovering we had so many things in common. He emailed me two days after we met and we've been together ever since. We eloped in Newfoundland in August 2008. Last year, Blair was released from the army so we could move to P.E.I., where he is originally from. We happily settled here in an old house with my daughter, and we're slowly making it both our home and a home-based photography business.

**WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.**

# Tips for work-life balance

Do you ever wish there were more than 24 hours in a day? For lots of people, work-life balance is a never-ending battle with many things and people competing for our time and energy. While it's impossible to control all the factors that impact work-life balance, help achieve a better synergy by following these five simple tips:

**1. Slow Down.**

Life is simply too short, so don't let it pass you by. Take time to stop and enjoy the things and people around you. Plan downtime into your week and find some ways to distance yourself from the things that cause you the most stress.

**2. Use technology to streamline schedules.**

While a pen and paper can help keep you on track, don't overlook technology as yet another weapon to make the most effective use of your day. Tools like Microsoft Office Outlook 2010 let you link each member of your family's calendar allowing you to see what everyone's got going on so you can plan accordingly.

**3. Protect your personal time.**

Effective time management involves knowing when to shut things down. Turning off a cellphone or other wireless device establishes boundaries between your personal and professional time.

**4. Share the Load.**

You don't need to do it all. Really. Even though we may sometimes feel we're the only ones capable of doing something, it's usually not the case. Get your spouse or children to help you with your personal/family responsibilities. Managing and taking care of the household should not be the responsibility of just one person.

**5. Learn to say "no."**

Taking on too many tasks can be stressful and overwhelming. Learn to say no to things when there's too much on your plate. This applies to both work and personal commitments. Rather than feeling guilty, you'll learn that saying "no" can be really empowering. NEWS CANADA


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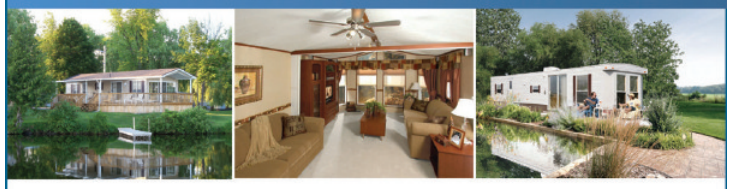

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*The Ultimate* **RESORT COTTAGE ON THE LAKE!**

Everyone has a favourite memory of spending summers at the cottage. The cottage experience is as Canadian as peameal bacon or real maple syrup and should be experienced by everyone at least once in their life.

So here I go looking into the options I have to share the cottage experiences I had with my children. What are the options and how can I afford them?

As I looked into cottages I found it was quite simple to find something to rent but what about ownership? The thought of being able to escape after a long week at work would be great.

What I found is that cottages can be very expensive. My grandfather had told me the story of how each of his three brothers chipped in five thousand and they got a little place with an out house on Chandos Lake up near Apsley, Ontario. All I could find for twenty grand nowadays was a pop-up tent trailer that we would need to tow around to campgrounds. Camping wasn't going to be an option anyway as my wife's idea of roughing it was a hotel without room service. Although RV parks seemed like a good option, activities for the kids, secure in the off season, I just couldn't get the picture of trailer park boys out of my head.

The cottages I liked seemed to cost as much as my home if not more. The more I thought about cottage ownership the more I realized it would mean two houses to maintain and the whole idea was to get away from cutting grass and fixing things so I could spend more time with my children and simply relaxing. I could afford a "Fractional Ownership" type cottage with maintenance fees. I could justify the fees as they do all the work, but one hundred thousand for something I could only use for 4 or 5 weeks wasn't the answer either, besides we can only play so many games of crazy eights before the kids would get bored.

Then I found an alternative, it's not a four hundred thousand dollar cottage on the lake but it's not a little trailer in a campground either. They call them "Resort Cottages" or "Park Model Homes". Just imagine a small cottage beautifully decorated for only $59,900 to $129,900 and if I wanted to start in something a bit smaller I could get into a perfectly comfortable vacation home for only $39,900.

It turns out that RV's (recreational vehicles) come in all shapes and sizes. The models come in one, two and three bedroom floor plans that sleep up to eight comfortably and come fully furnished. You can own one in a resort that has converted itself from a trailer park to a Park Model Resort. They are up scale properties that usually have plenty of activities for everyone from heated pools and kids clubs to recreation halls where they host events like wine and cheese parties or themed dances.

McCreary's Beach Resort on Mississippi Lake was the perfect spot for me and my family. Only 60 minutes from Ottawa with great fishing and loads of activities. McCreary's Beach is one of the best lake front properties I have come across and some of the best family resorts we have ever seen. They made owning a "Cottage" easy and cost effective...without a catch.

If you are in the market for a cottage or cottage alternative contact my friends at McCreary's Beach Resort,

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or just visit their web site

**www.mccrearysbeach.com**

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## KNOW THE SCORE

Your credit score can impact your ability to borrow, buy a home or car, and even to get a job. It reflects your level of financial responsibility and therefore you must diligently protect it. And, because of increased fraud and identity theft it's equally important that you ensure your credit report is accurate.

If you've paid back your loans on time, maintained revolving credit (credit cards or lines of credit), and not declared bankruptcy, you're probably in good shape. But, if you've done some credit damage, you're going to have to repair your score.

If you're struggling with keeping up, see a credit counsellor. Check out creditcounsellingcanada.ca or creditcanada.com. They can help you negotiate new terms with your lenders.

There are two credit bureaus in Canada — Equifax (equifax.ca) and TransUnion (transunion.ca). You can request a free copy of your credit score by visiting their websites. It's important to know your credit score and do everything you can to protect it.

# Making wine? Go ahead, make it fine

**Drink no wine before it's time — especially when you make it yourself Then savour the savings**

## ON MONEY

**ALISON GRIFFITHS**
MONEY@METRONEWS.CA

Here's my end-of-summer garden party nightmare; a brimming glass of the host's home-made wine and me attempting to keep the wince out of every sip.

One thing about a recession though, it opens your mind to what you didn't think you would ever want to do or drink.

Early summer found me in the fruit scented quarters of the Just Wine in Milton, Ont. I had driven by the place for 10 years and never once been tempted.

▶ Making your own wine can save a lot of money.

But I love my wine and despite a reported glut of the good grape plus a global economic meltdown wine prices haven't declined perceptibly. So, I bravely ordered two kits, 30 bottles of the best Australian Chardonnay and 30 more of the Napa Valley Stag's Leap District Merlot, part of the Selection Estate series distributed by Wine Expert of B.C.

Both claimed gold medals in some tasting or other and both were the most expensive of their kind available in the store. If you are going to do it yourself buy the best available. Even so, the cost per bottle was under $5 for the white and under $7 for the red (that doesn't include optional labels, 10 cents each, or bottles, $1.10. You can also supply your own.)

Six weeks later I spent a happy hour bottling the Chardonnay and two weeks after that, the Merlot. Tasting both during bottling surprised me. Drinkable!

If all works out I estimate savings of at least $2,500 a year — enough to take hubby and me on a very nice wine tasting holiday. Stay tuned for full tasting results in a couple of months.

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La Cité collégiale offre aux immigrants un programme adapté, visant à aider les personnes formées à l'étranger dans des métiers de la construction en leur offrant des cours pratiques et théoriques liés à certains métiers spécialisés.

**Hâtez-vous ! Les cours débutent le 20 septembre 2010.**

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## VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

| | YES | NO |
|---|---|---|
| I am feeling sad and depressed | ☐ | ☐ |
| I am having difficulty sleeping | ☐ | ☐ |
| I am feeling low in energy and slowed down | ☐ | ☐ |
| My appetite has changed | ☐ | ☐ |
| I am experiencing feelings of guilt | ☐ | ☐ |
| I have lost interest in work and pleasurable activities | ☐ | ☐ |
| I feel hopeless about the future | ☐ | ☐ |
| I feel tense and anxious | ☐ | ☐ |
| I am having difficulty making decisions | ☐ | ☐ |
| I am having trouble concentrating | ☐ | ☐ |

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*If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:*

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*Research programs are reviewed by an ethics review board.*

03-18-10

**U.S. Open.** Clijsters wins, barely

▶ Kim Clijsters returns a forehand against Greta Arn yesterday at the U.S. Open.

AL BELLO/GETTY IMAGES

## Clijsters nearly suffers upset, but rallies to win at U.S. Open

**Defending champion Kim Clijsters struggled to find her footing on a windy day before recovering in time to win her 15th straight match at the U.S. Open. The second-seeded Belgian beat Hungary's Greta Arn 6-0, 7-5 in the first round yesterday. She fell behind 4-0 in the second set, and the 104th-ranked Arn had a chance to serve out the set at 5-4. But Clijsters got the break, then did it again to clinch the straight-set victory. In the later match, Venus Williams beat Roberta Vinci of Italy 6-4, 6-1 to reach the U.S. Open's second round.**

THE ASSOCIATED PRESS

# 'Not guilty, your honour': Clemens

**Case begins against baseball legend ◗ Charges include making false statements, perjury and obstruction of Congress ◗ Clemens still fighting allegations he cheated by doping**

Roger Clemens put his right hand on the lectern, leaned down toward the microphone and made what might be the most important pitch of his life: "Not guilty, your honour."

Those words, uttered yesterday in a strong, confident voice by the seven-time Cy Young award winner sporting a black blazer and blond highlights in his hair, marked the official beginning of a court case that could taint baseball even further and land the "Rocket" in jail.

U.S. District Judge Reggie Walton presided over an arraignment hearing that lasted less than 14 minutes in the ceremonial courtroom at the U.S. federal courthouse, across the street from the Capitol.

Walton set April 5 as the start of jury selection — the Monday of the first full week of the 2011 baseball season, and also around the time a case involving Barry Bonds, the all-time home run king, could be wrapping up in San Francisco.

**30**
**If convicted, Clemens could face up to 30 years in prison and a $1.5-million US fine.**

Pete Rose, Darryl Strawberry, Dwight Gooden and Denny McLain are among former baseball stars to have spent time in jail.

Clemens and Bonds, who chased history on the field throughout their careers, now could be chasing history off it.

They are both in jeopardy of becoming the first baseball star jailed because of a conviction related to the performance-enhancing-drug imbroglio that has sullied their sport for much of the past 15 years.

As he has throughout the process, Clemens again fought any suggestion that he cheated during a 23-season career that ended with 354 wins and 4,672 strikeouts.

THE ASSOCIATED PRESS

## White Sox add Manny for push

Back to frighten pitchers who haven't seen him regularly in a few years, Manny Ramirez will try to get the Chicago White Sox back to the playoffs.

As expected, the White Sox claimed the unpredictable but productive 12-time all-star slugger on waivers from the Los Angeles Dodgers yesterday, hoping his powerful bat can help them make a post-season push.

His first appearance for Chicago will come against the lowly Indians, the team where he began his career.

THE ASSOCIATED PRESS

DILIP VISHWANAT/GETTY IMAGES

▶ Manny Ramirez

## Rugby player faces murder charge

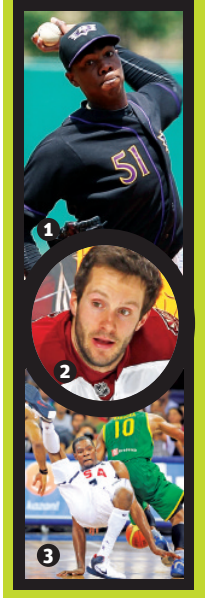
South African rugby union player Bees Roux was charged with murder yesterday after allegedly beating a policeman to death in Pretoria.

At a bail hearing in a courtroom crowded with police officers, Roux's lawyer said his client would plead not guilty.

The 28-year-old Roux claims his car was being stolen and he was acting in self-defence, said the lawyer, who also claimed his client's credit card had been used at a restaurant after he was placed in custody. THE ASSOCIATED PRESS

4 sports

### Sports in brief



**1** Cuban defector Aroldis Chapman will be added to the Cincinnati Reds' bullpen for their playoff push.

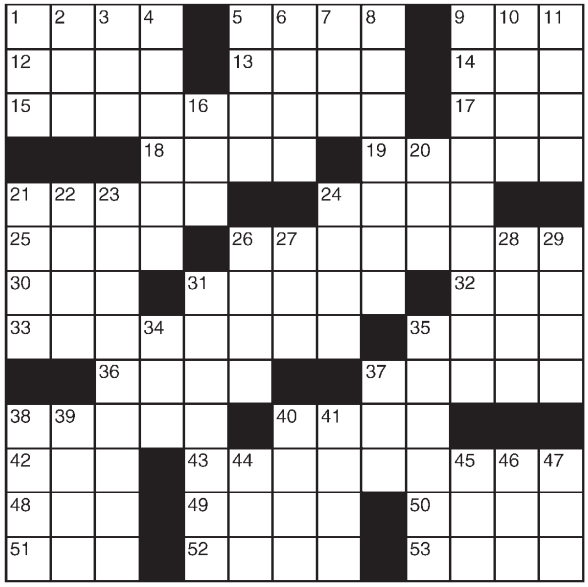
**2** Veteran forward Lee Stempniak has officially signed a $3.8-million US, two-year contract with the Phoenix Coyotes.

**3** The United States survived its first tough test at the world basketball championship, edging Brazil 70-68 yesterday.

THE ASSOCIATED PRESS

Scan code for sports

## Crossword



**Across**

1 Fail to hit
5 Newspaper page
9 Taxi
12 Leading man?
13 Prepare a casserole
14 Exist
15 Summertime tops
17 Wire measure
18 Abound
19 Perfect
21 Hidden supply
24 Seed covering
25 "An apple — ..."
26 Last page, perhaps
30 Aries
31 Song thrush
32 Mimic
33 All set
35 On the rocks
36 Skating arena
37 1990 Nicholson film, "The Two —"
38 Cow catcher?
40 Slender
42 Type measures
43 Soft cheese
48 Biblical verb suffix
49 MGM mascot
50 Mid-month date
51 Actress Myrna
52 Ova
53 Freebie

**Down**

1 "Big" fast food entree
2 McKinley's first lady
3 "Casablanca" pianist
4 Forge
5 Reed instrument
6 Date provider
7 — out a living
8 Wants
9 Phoenix mountain
10 Met melody
11 Phone inventor
16 Witness
20 Badly lit
21 Complain
22 Hebrew month
23 Averse to being photographed
24 Kind of wit or test
26 Gloomy
27 12-Across' mate
28 Duel tool
29 Cincinnati team
31 Handcuff
34 Cherry stone
35 — pentameter
37 Olympian Thorpe
38 Spool
39 Grooving on
40 Urban pollutant
41 Contact, for one
44 2009 newsmaking insurance co.
45 Tokyo's old name
46 Sleep phenom
47 Recipe meas.

▶ Yesterday's answer

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | U | S | S | ■ | O | F | F | ■ | T | E | E | S |
| O | R | A | T | O | R | I | O | ■ | E | T | A | L |
| A | N | T | E | A | T | E | R | ■ | A | U | R | A |
| ■ | ■ | ■ | A | S | S | ■ | E | A | S | I | L | Y |
| A | D | U | L | T | ■ | A | B | L | E | ■ | ■ | ■ |
| L | A | S | S | ■ | T | H | E | A | T | E | R | ■ |
| E | N | E | ■ | M | A | M | A | S | ■ | R | I | D |
| ■ | G | R | E | A | T | E | R | ■ | F | I | D | O |
| ■ | ■ | ■ | M | I | T | T | ■ | G | R | E | E | N |
| S | A | L | I | N | E | ■ | S | R | I | ■ | ■ | ■ |
| A | L | A | N | ■ | R | E | P | E | A | T | E | R |
| W | O | K | E | ■ | E | M | I | G | R | A | T | E |
| S | E | E | M | ■ | D | U | N | ■ | S | N | A | G |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 7 | 4 | | | 3 | 5 | |
| 1 | | | | | | 9 | | 7 |
| | 4 | | | 8 | | | | 6 |
| | 1 | | | | 6 | 2 | | |
| | | | 1 | | 4 | | | |
| | | 5 | 3 | | | | 6 | |
| 6 | | | | 3 | | | 7 | |
| 5 | | 2 | | | | | | 3 |
| | 7 | 3 | | | 8 | 6 | | |

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 9 | 7 | 4 | 1 | 5 | 3 | 6 | 8 |
| 1 | 3 | 4 | 9 | 6 | 8 | 7 | 5 | 2 |
| 6 | 5 | 8 | 2 | 7 | 3 | 4 | 1 | 9 |
| 3 | 4 | 5 | 1 | 2 | 7 | 8 | 9 | 6 |
| 9 | 7 | 1 | 5 | 8 | 6 | 2 | 4 | 3 |
| 8 | 6 | 2 | 3 | 4 | 9 | 1 | 7 | 5 |
| 7 | 8 | 9 | 6 | 3 | 4 | 5 | 2 | 1 |
| 5 | 2 | 3 | 7 | 9 | 1 | 6 | 8 | 4 |
| 4 | 1 | 6 | 8 | 5 | 2 | 9 | 3 | 7 |

## Send a KISS

**Show some love! Send a note to somebody special at kiss@metronews.ca**

*Happy birthday chels! I love you more than ever, good luck in school and I will see you on the 25th.*
**SHAUN**

*NOM, I love you deeply, madly and truly! Yours always and always!*
**BOM XOXOXOXOXO 10**

*Muscles, I love you so much. I miss you more everyday, and I hope someday we can work things out. I believe in us.*
**LOVE, TWIGGY XOXO**

*Life is good my Tall Mark and Handsome, Thanks for making my day always a bit brighter.*
**YOUR BLONDE CINDY BABY.**

*Nubbin I love you. Happy 5 month! You are the best thing that has ever happened to me. I'll love you forever. Love always,*
**TALLSTACK**

The Weather Network
©The Weather Network 2010

| Today | Wednesday | Thursday |
|---|---|---|
| Mainly sunny | Mainly sunny | 40% Showers |
| 32° / 24° | 31° / 23° | 29° / 19° |

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

STAY PREPARED WITH OUR MOBILE WEBSITE. Visit theweathernetwork.com on your mobile.

**♈ Aries March 21-April 20** A creative or artistic project can be taken to a higher level over the next few days, but it will require patience and persistence as well as your usual awesome energy levels.

**♉ Taurus April 21-May 21** If you have promised to do something for friend or family member then you have no option but to see it through to completion, even if you are now having second thoughts.

**♊ Gemini May 22-June 21** If you get your act together and get to work over the next few days you will achieve something out of the ordinary. You have never lacked for ideas but you do sometimes lack for application.

**♋ Cancer June 22-July 22** You are in one of your can-do moods at the moment and whatever goal you set your sights on will be reached in record quick time. Don't forget to bring other people into your plans as well.

**♌ Leo July 23-Aug.23** Don't worry about whether or not you are doing the "right thing" today because in the greater scheme of existence the "right thing" is whatever you want it to be.

**♍ Virgo Aug. 24- Sept. 22** There is something you should have finished weeks, maybe months, ago but for one reason or another never got round to completing. Now is the time to go back and get it done.

**♎ Libra Sept. 23-Oct. 23** You will be extraordinarily dynamic today, so much so that others might start to wonder if you are on some kind of stimulant! The only stimulant you need is the realization that life is a wonderful adventure.

**♏ Scorpio Oct. 24-Nov. 22** Try not to think too much about what you are doing today because you will do better when you just get on with it. Sometimes you over analyze the events of your life.

**♐ Sagittarius Nov. 23-Dec. 21** Routine bores you at the best of times and if you have to follow a mapped out route today you may end up screaming. How did you get into this position?

**♑ Capricorn Dec. 22-Jan. 20** You will be more energetic on a thinking level than a doing level today, and that's good because you need to get your head round certain ideas and concepts that don't come naturally to you.

**♒ Aquarius Jan. 21-Feb. 18** Some people enjoy making a drama out of a crisis and it will be your job today to calm them down and point out that life is not so bad.

**♓ Pisces Feb. 19-March 20** You should be promoting yourself for all you are worth now, not only because you are worth a great deal more than you have been getting but because you'll only get noticed if you make noise. SALLY BROMPTON

DEAN TREML/THE ASSOCIATED PRESS

## Caption contest

WIN!

## You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MATT DUNHAM/THE ASSOCIATED PRESS

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TICO

# AIR CANADA VACATIONS

# Deals of the week

## NON-STOP FLIGHTS

### DOMINICAN REPUBLIC

**Punta Cana**

**Occidental Grand Punta Cana • 4★**
All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk.
$1129
+Taxes & other fees (including service charges): $305

**Gran Bahia Principe Punta Cana • 4 1/2★**
All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk.
PRIVILEGES
$1359
+Taxes & other fees (including service charges): $305

### CUBA

**Varadero**

**Allegro Varadero • 3★**
All-Inclusive • Superior rm.
Dec. 25 • 1 wk.
$1389
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

**Santa Clara**
**Meliá Las Dunas • 4 1/2★**
All-Inclusive • Standard rm.
Dec. 26 • 1 wk.
PRIVILEGES
$1699
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

### MEXICO

**Cancun/Riviera Maya**

**Occidental Grand Xcaret • 4 1/2★**
All-Inclusive • Deluxe rm.
Dec. 25 • 1 wk.
$1459
+Taxes & other fees (including service charges): $285

**Gran Bahia Principe Tulum • 5★**
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
$1699
+Taxes & other fees (including service charges): $285

### JAMAICA

**Sunset Jamaica Grande Resort & Spa • 4★**
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
**FREE upgrade to oceanfront rm.**
PRIVILEGES
$1849
+Taxes & other fees (including service charges): $293

### JAMAICA

**Gran Bahia Principe Jamaica • 4 1/2★**
All-Inclusive
Junior suite
Dec. 25 • 1 wk.
PRIVILEGES
$2049
+Taxes & other fees (including service charges): $293

### TURKS & CAICOS

**Beaches Turks & Caicos Resort Villages & Spa**
EARN UP TO 3,000 BONUS AEROPLAN MILES‡
Luxury Included® Vacation for Everyone
Turquoise deluxe rm.
Dec. 20 • 1 wk.
$3499
+Taxes & other fees (including service charges): $249

## FLIGHTS VIA TORONTO

### BAHAMAS

**Great Exuma**

**Augusta Bay • 3 1/2★**
Continental breakfast
Oceanview queen rm.
Sept. 19 & 26 • 1 wk.
$659
+Taxes & other fees (including service charges): $199

### SAINT LUCIA

**The Village Inn & Spa • 3★**
All-Inclusive • Standard rm.
Sept. 12, 18, 19, 25 & 26 • 1 wk.
$1159
+Taxes & other fees (including service charges): $238

### ANTIGUA

**St. James's Club & Villas • 4★**
All-Inclusive • Club rm.
Sept. 4, 11, 18 & 25 • 1 wk.
$1479
+Taxes & other fees (including service charges): $249

## USA

### FLORIDA | Fort Lauderdale

**Bahia Mar Beach Resort • 3★**
Double guest rm.
Jan. 8 - 28 • 4 nts.
$799
+Taxes & other fees (including service charges): $128

## CRUISE

### Carnival Cruise Lines[1]

**Carnival Victory®**
Southern Caribbean Cruise
Flights to San Juan via Toronto
Oceanview stateroom, cat. 6B
Oct. 31 & Dec. 12 • 1 wk.
$1129
+Taxes & other fees (including service charges): $286

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